SUPPORT PROGRAMS
FOR CF PATIENTS AND FAMILIES

Meg Dvorak, LCSW
Social Work Clinician
Adult Cystic Fibrosis Program
CF Support Group for Adults and Caregivers

First Friday of every month, 11:30am-1pm
Web Ex available for video or teleconference

Li Ka Shing Center for Learning and Knowledge
291 Campus Drive, Stanford, CA. 94305
See monthly e-mail for details on topic and room assignment

See map on reverse side for details.

Facilitated by Meg Dvorak, LCSW Adult CF social worker (650)518-9976 mdvorak@stanformed.org
About the group

• Meets monthly on first Friday of the month (usually)
• 11:30am to 1pm
• Location LKS Center, room # varies
• E-mail distribution list provides specifics
• FB page and CF Center Website
• Focus on sharing of feelings, experiences, and thoughts related to living with CF
• Topics and discussion points introduced
Caregiver support group

4th Tuesday of every month, 7-8:30pm
Sofia University (formerly Institute of Transpersonal Psychology)
1069 East Meadow Circle
Palo Alto, CA 94303
http://www.sofia.edu
(650)493-5006

Facilitator: TBA
For Information Contact: Diana Linn, MFT
650.493.4430 x400
Pediatric support group

- Currently on hold due to lack of participation
- Group will hopefully restart in fall 2013
- Group challenges
PEER TO PEER PROGRAM

Established at Stanford Hospital and Clinics 2012
Mission Statement
Broaden healthcare for patients and families through the unique support and understanding of peer-to-peer mentoring, to foster happier, healthier lives and reduce isolation
Practiced widely in pediatrics
Non-hierarchical, reciprocal relationship
Real life, real time perspective
Unavailable through care team

“I walk in your shoes” — Genuine understanding and compassion
Increased

- Empowerment
- Medication adherence
- Communication
- Life expectancy
- Health status
- Health outcomes

Decreased

- Depression
- Isolation
- Problematic health behaviors
- Mortality and morbidity
- Fear
- Anxiety
Helping, caring relationships
• Mutual to survival
• Possibly genetically coded

People who volunteer regularly
• Better health outcomes
• Increased immunity
• Decreased stress

Improved support network
+ link to larger human community

Helper’s High
Sudden warmth
Surge of energy
Euphoric feelings
Long-lasting feelings of increased self worth, calm and relaxation